



AREA I

Alcohol and Drug Control Office Newsletter

MAY 2007



LEADER UPDATES

ASAP WEBSITE The Army Substance Abuse Program website is being updated with current staff information, policy letters, future training dates, and much more. In addition to the ACSAP website, this is another valuable tool for your local use. The website address is <http://ima.korea.army.mil/area1/sites/installations/casey.asp>.

UNIT SUBSTANCE ABUSE TRAINING In order to receive credit for quarterly training, Unit Prevention Leaders (UPLs) or their designees are reminded to please submit unit training memos (see "References" below for a copy) to Ms. Prince within 72 hours of completing training. Please ensure the training memo is completely filled out and signed by the Commander.

ALCOHOL MYTHS Contrary to popular belief, here are some alcohol myths: *You can't become an alcoholic by drinking only beer; Alcoholics drink every day; I'm just a social drinker; Alcohol is a stimulant; Alcohol increases sexual desire and ability; Black coffee and a cold shower will sober you up; Alcoholics are morally weak; Alcohol cures colds; It's manly to drink too much; Women don't become alcoholics; I drive better after a few drinks; Most alcoholics are skid row bums. "THINK BEFORE YOU DRINK."*

RISK REDUCTION STATS The Area I Risk Reduction Program (RRP) tracks 14 high-risk behaviors every quarter. For 2nd Qtr, FY 07 (Jan-Mar 07), the highest number of incidents were Crimes Against Persons (135), Alcohol Offenses (90), and Sexually Transmitted Diseases (STDs) (84). Crimes Against Persons increased 67% from 1st Qtr, FY 07 due to alcohol according to PMO. Alcohol Offenses and STDs continue to be a problem. If you would like to know more about the RRP, contact Ms. Okuda at 730-4287 or global.

RESPONSIBLE DRINKING Responsible or low-risk drinking can be defined as one drink per day for women and two drinks per day for men. Some safe drinking tips are: eat before and during drinking; don't chug your drinks, drink slowly; alternate between alcoholic and nonalcoholic drinks; remember the word HALT—don't drink if you're Hungry, Angry, Lonely, or Tired; don't lose control of yourself; it's ALWAYS ok NOT to drink; avoid binge or other high-risk drinking behaviors; take a buddy and watch each other's back; don't leave your buddy behind; don't drink when taking medication. Binge drinking is having five or more drinks on a single occasion at least once in the past 30 days. Ask yourself, are you drinking responsibly? If not, get help early by contacting the ASAP office.

UPL CERTIFICATION TRAINING

14-18 May, 0830-1630

11-15 June, 0830-1630

Building S-0802 (across from the Camp Casey TMC)
Call 730-4779/4765 to reserve a seat

ALCOHOLICS ANONYMOUS

Cp Casey Reach Out Group—Red Cross Building

Mon & Wed @ 2030, Fri @ 1800 Bldg # 2317

POC: Russell at 010-2660-8307

Camp Stanley Group—Camp Stanley ASAP Clinic

Tues & Fri @ 1745, Bldg 2425

POC: Alan at 010-6871-1855

Camp Red Cloud Group—CRC Troop Medical Clinic

Thursdays @ 1745, Bldg S-306

POC: Ian at 010-2660-5870

Seoul USO—USO Camp Kim

Mon through Sat @ 1830

POC: Ron at 011-9765-2983

International Lutheran Church—Wed @ 2100 & Sun @ 1930

International Catholic Church—Sun @ 1530

Camp Humphreys—Freedom Chapel, Bldg 701 Kitchen

Wed & Sat @ 1900-2000

Osan—Main Base Chapel—Sun & Mon @ 1900-2000

Suwon—PIP Classroom

Thurs @ 1900-2000

ADAPT CLASSES

3–4 May—Camp Stanley

4–5 May—Camp Casey

18-19 May—Camp Casey

Classes are at the installation ASAP Clinic; duty uniform

POINTS OF CONTACT

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Mr. Joel Barber joel.barber@us.army.mil
Clinical Director 730-4148

Mr. Wayne Johnson wayne.b.johnson@us.army.mil
Prevention Coordinator 730-4144

Ms. Cheri Okuda cheri.okuda@korea.army.mil
Risk Reduction Program Coordinator 730-4287

Mr. Song Chong song.chong@korea.army.mil
Installation Biochemical Testing Coordinator 730-4779
IBTC FAX 730-4791

ASAP CLINICS

Casey (Bldg. S-0802) 730-4172 FAX: 730-4162
Stanley (Bldg. T-2425) 732-5906 FAX: 732-5658
Area II ASAP (Yongsan, Bldg 5531) 736-5187
Area III ASAP (Humphreys, Bldg 742) 753-7367

REFERENCES



AR 600-85



EUSA Policy 11



Drug Testing Effectiveness



Unit Training Memo



USFK Policy 8



2ID Policy 8

For power point presentations, lesson plans, and program information, please visit our web site at <http://ima.korea.army.mil/area1/sites/installations/casey.asp>. Check the Army Center for Substance Abuse Program website at <https://www.acsap.army.mil>. Contact the Area II or Area III ASAP for a copy of their newsletter.